

The Senior Center including the fitness room is closed on Monday, September 3 for Labor Day

Counselor's Corner

Rain Rain Go Away ...Come to RSC Anyway!! We are busy with our psychoeducational groups. Brain Fitness is lots of fun and has new activities every time it meets (2nd and 4th Tuesday of the month, -2:30pm). The Change group addresses any one or more of the many changes one faces that are unique to senior status (2nd and 4th Thursday of the month, 1-2:30pm). Women Living Alone (1st and 3rd Thursday, 1-2:30pm), and After Caregiving (2nd and 4th Thursday, 1-2:30pm) are offered too this summer. We hope you can join us for any of these groups at anytime. No need to register. And, we always are available to see you individually for anything that is upsetting to you. Rika Granger, LCSW-C and Jennifer Reynolds, LMSW. You may reach us at RSC, or, at 301-978-9750, or fgranger@we-aspire.org and jreynolds@we-aspire.org

Wine & Cheese Open House

Tuesday, September 25, 5:30-7 pm
Enjoy an evening out to meet new friends and the staff at the Senior Center. Bus transportation is available to Rockville residents by calling 240-314-8810. A \$3 donation is recommended at the event for the Program Assistance Fund. Register for transportation and event by Sept. 18.
Course# 7071

Sunrise Yoga

Wednesday, 9/12-11/14, 7:30-8:15 a.m.
Start your day energized and ready to go. This outdoor yoga class begins with a warm-up and ends with a relaxation period. Perfect for the early morning exerciser. Please bring a yoga sticky mat. Class will be moved indoors during inclement weather. Course # 6034; \$48/\$60

Senior Center Hours:

Monday-Friday,
8:30 a.m.-5 p.m.
Saturday, 8:30 a.m.-1 p.m.
(Drop-in use only)

Fitness Center Hours:

Monday-Thursday,
7 a.m.-8 p.m.
Friday, 7 a.m.-7 p.m.
Saturday, 7 a.m.-4 p.m.

1150 Carnation Drive
Rockville, MD 20850
240-314-8800

For updates and
information visit our
website:

www.rockvillemd.gov/seniorcenter

Follow Rockville Senior
Facebook

www.facebook.com/rockvilleSeniors



8 Week Challenge

The challenge will begin on September 24 and finish November 17. There is a required organizational meeting on Wed., September 5 at 10 a.m. This program is for Fitness members and cardio class participants including all Zumba classes, Aerobic Workout, Easy Feet, Belly Dance.
Course # 7116; free

Holiday Craft Bazaar

Saturday, December 8, 9 a.m.-2 p.m.
The annual bazaar will be held on the second Saturday of December. We are now accepting craft vendor applications. Please call, email, or see the front desk for more information.

Thursday & Friday Movie Matinees at the Senior Center

August 2 & 3

Goodbye Christopher Robin

Gives a rare glimpse into the relationship between beloved children's author A. A. Milne and his son Christopher Robin, whose toys inspired the magical world of Winnie the Pooh. Along with his mother Daphne, and his nanny Olive (Kelly Macdonald), Christopher Robin and his family are swept up in the international success of the books; the enchanting tales bringing hope and comfort to England after the First World War. **Rated PG** for thematic elements, some bullying, war images and brief language.

August 16 & 17

Book Club

Diane is recently widowed after 40 years of marriage. Vivian enjoys her men with no strings attached. Sharon is still working through a decades-old divorce. Carol's marriage is in a slump after 35 years. Four lifelong friends' lives are turned upside down to hilarious ends when their book club tackles the infamous Fifty Shades of Grey. From discovering new romance to rekindling old flames, they inspire each other to make their next chapter the best chapter. **Rated PG-13** for sex-related material throughout and for language.

Rockville Senior Center Highlights

August 2018

A full list of classes can be found in our seasonal 60+ Recreation Guide. The guide can be found online at www.rockvillemd.gov/seniorcenter, at the Senior Center or any city facility.

Slow Down When Driving

Note that the speed limit at the Center 15 mph. It is important that the speed limit is being followed to avoid accidents.

Member Application

We need your help! We are updating our membership emergency forms. Please update the enclosed form and email, fax, or hand it in to the front desk. You can also check your current form at the front desk.
Email: Seniorcenter@rockvillemd.gov Fax:240-314-8809

Trip Registration In Person Lottery

Members Thursday, August 16 10:30 a.m.
Nonmembers Friday, August 17

*Bloomery Sweetshine Distillery, 9/13

*Rainbow Comedy Playhouse 9/27

"Love, Lives, & The Lottery"

*The First Noel, 11/30

*Fall in the Country, 10/11

*Mystery Trip, 10/31

Questions please e-mail Karen Lumpkin,
klumpkin@rockvillemd.gov

45 Years for Karen Lumpkin!

This month, Karen has reached 45 years with the City of Rockville. She started her career at the age of 23 working with seniors, children with special needs, and adults. When the Senior Center opened in 1982, Karen stayed full time with seniors. Karen continues to provide new and interesting trips and classes to the growing senior population. The Senior Center is extremely lucky to have Karen's passion and love working with her everyday. Be sure to congratulate her when you come to the center!



Fall Classes Start in September!

Senior Center Class Fee Change

Starting this fall, there will only be two prices for all classes and programs, member and non-member fees, M/NM.

All programs are held at the Rockville Senior Center unless otherwise noted

Senior Day at the Montgomery County Fairgrounds

Tuesday, Aug. 14,
10 a.m. – 2:30 p.m.

Please call 240-314-8810 by Friday, 8/10 to reserve a spot on the bus to participate in the fun that day!

All day Exercise

Thursday, August 30,
10 a.m.-2 p.m.

Preview several 25 minute Class demos offered this fall.
Course# 5745; Free

Supper Club

Tuesday, September 4, 5-7 p.m.
Catered dinner and entertainment by 4 Season Dancers. Register by 8/24
Course# 7133; \$16/\$20

Walking Series

Tuesday, September 4,
10 a.m.-2:30 p.m.

Enjoy the outdoors and increase your fitness levels with this seasonal event as we walk the trails of Great Falls, MD. This program is designed for the active participant. Some trails may include uneven surfaces. Transportation will be provided. Bring a bag lunch.
Course# 6006; \$10/\$12

